BEE-HIVE GIRLS



·1916·

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HAND BOOK

FOR THE

BEE-HIVE GIRLS

OF THE

Y. L. M. I. A.



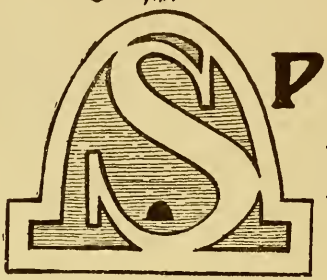
SECOND EDITION
1916

PUBLISHED BY

THE GENERAL BOARD OF
THE YOUNG LADIES' MUTUAL
IMPROVEMENT ASSOCIATION

BISHOP'S BUILDING,
SALT LAKE CITY, UTAH

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By Martha H. Tingey, for the
Young Ladies' Mutual Improvement Association



THE SPIRIT OF THE HIVE

Have Faith
Seek Knowledge
Safeguard Health
Honor Womanhood
Understand Beauty
Know Work
Love Truth
Taste the sweetness
of Service
Feel Joy

INDIVIDUAL RECORD OF

Bee Hive Name

Meaning

Symbol

Member of *Swarm*

Meaning of Swarm Name

Swarm Symbol

..... *Ward,* *Stake*

Became a Bee Hive Girl (date)

A Builder in the Hive

A Gatherer of Honey

A Keeper of the Bees



Scaling the Heights, Orderville, Utah.



Ready for a Dive.



Over Arm Stroke.



Breast Stroke.



Bee-Hive Girls, Riverside, Idaho.



Gathering Wild Honey, Thatcher, Arizona.



7:30 a. m. on Star Valley Pageant Grounds.
Iris Swarm of Grover, Wyoming.



Girls of Hyrum, Utah, catch fish.



Richfield First Ward Girls in Fish Creek Canyon.



At Breakfast, Spring City, Utah.



Girls of Loa, Utah, learn to row before venturing alone.

Bee-Hive Girls of Pinedale, Arizona



Looking South from Tower



On Lookout Point, the highest mountain; tower used to locate forest fires



After Breakfast, on Road to Tower

The Bee-Hive Girls.

Introduction to Second Edition.

EVER SINCE the organization, in 1869, of the Retrenchment Association, the society that developed into the Young Ladies' Mutual Improvement Association, the officers have been endeavoring to place before the members those things most essential to the building of a perfect womanhood. That organization has had a great influence over the lives of thousands of girls who have filled its ranks, helping them to be better daughters, better sisters, better wives and better mothers, yet for several years past the idea has been growing that it would be well to make the work concrete, to give members an opportunity to work with their hands, to show results from the training they receive. In 1914, with this purpose in view, the General Board appointed a committee to study the subject. As a result the Bee-Hive work was started. The first year plans were necessarily crude, but they were received with favor. According to the annual report there were over twelve hundred and fifty swarms organized in the summer of 1915, with an active membership of about fifteen thousand. Seventeen hundred and seventy-two girls purchased the first section of chain, and, as this is not compulsory, it is safe to say that even a greater number made the rank of "Builder in the Hive." And from all over the church word comes of other associations that anticipate the taking up of the work this summer.

The committee acknowledges its indebtedness to the Girl Guide movement, the Boy Scouts, and the Camp Fire Girls; and to Maurice Maeterlinck, whose poetic version of the "Life of the Bee" has been a constant source of inspiration and joy; also it appreciates the inspiration and guidance of the Heavenly Father and prays for His continued blessing that the work may never cease to be a joy to our girls and a power in the development of their womanhood.

I.

The General Plan.

THE NAME is "Bee-Hive Girls."

THE PURPOSE is to perfect our womanhood,—to hold the faith of our fathers and to develop it in our individual womanhood, drawing from all good sources to do so.

THE ORGANIZATION is to be presided over by our regular Y. L. M. I. A. officers. Each Ward should organize one or more swarms, according to the number of its members. A swarm consists of from eight to twelve; it may be larger if necessity requires, but the officer in charge can keep in touch with her girls better if the swarm is small. The swarm is to be in charge of a Bee-Keeper and an Assistant Bee-Keeper; it is to have a name and a symbol.

MEMBERSHIP is open to all Y. L. M. I. A. members and to any others who desire to join and are willing to comply with the requirements. The age is fourteen years and upward. Girls under that age belong to the Primary Association, and the Mutual Improvement Association has no jurisdiction over them. Older women and married women may belong, though it is specially desired that this work shall not interfere with their duties in the Relief Society.

RANKS. When a girl first joins she is called simply a Bee-Hive Girl. Generally it is desirable for all members of a swarm to begin work at the same time, but it is not imperative and others may be added as necessity requires. When the girl earns a certain number of awards, or in other words, fills a certain number of cells, she is promoted to the rank of "Builder in the Hive;" a certain number more, to that of "Gatherer of Honey;" still certain others, to that of "Keeper of the Bees." From this latter rank future Bee-Keepers will likely be chosen; but a girl may hold the rank without being selected to become a Bee-Keeper. Generally one rank will be attained each year, but there is no time limit set. It should be the aim to have all members move along somewhat uniformly, but it does not necessarily follow that all members of a swarm hold the same rank. Thorough work rather than speed, should be encouraged; but if a member fills cells rapidly, while still doing them well, she should not be held back. In unusual cases more than one rank may be bestowed on the same day. Ranks are to be conferred on "The Day of the Swarm," a festival planned for the close of the season.

MEETINGS. Once each month, during the summer, it is

designed to have a gathering of all the ward swarms, presided over by the ward president of the Y. L. M. I. A. The swarms should meet separately once a week, except in the week when the regular monthly swarm gathering is held. Usually it may be best for all swarms in one ward to meet at the same hour; but this can not be laid down as a rule—it must be varied to suit the convenience of the swarm members. For Junior girls it is generally most desirable to meet in the day time.

PROGRAMS should vary according to the need of the girls. Suggestions for them will be found elsewhere in this book and may be printed from time to time in the Young Woman's Journal. Always read the "Officers' Notes" in that magazine.

ACTIVITY of a hive is from May to September, but the swarms keep alive during the entire year. Occasionally during the winter opportunity should be given the girls to receive their awards, as a large portion of the work can be carried along profitably during the regular M. I. A. season, for instance, in studying and feeding the birds; watching the stars and clouds; identifying and planting trees and flowers; in attending Mutual, Sunday School, Sacrament meetings, choir practices; in keeping the Word of Wisdom, paying tithing, going to the temple, visiting the sick; in being on time at work or school. The degree of activity should be approved by the Stake Board and it must not interfere with the regular winter work of the M. I. A.

AWARDS. As a hive is made up of cells filled with different kinds of honey, pollen, eggs, larvæ, so are our bodies made up of cells filled with the different elements taken into them; so is womanhood built and perfected by the different experiences we have in various fields. Bee-Hive Girls will fill cells with material (or experience) gathered in seven fields: Religion, Home, Health, Domestic Arts, Out of Doors, Business, Public Service. The cells are of two kinds: Foundation —those required to be filled by each member before she can advance to a higher rank; Structural—those which she may choose to fill in the various fields. Of the Structural cells there are also two kinds—New and Continuous. Every Structural cell is "New" the first time it is filled; Continuous when filled a second or third time. A cell marked "c," as in case of Nos. 19 and 601, is continuous and is to be refilled in the same way; a cell marked c. d., as in case of Nos. 101 and 405, is continuous but is to be refilled in different ways. An award is made for each cell filled. The girls receive awards from the time the swarm is organized; all Stake Board members and Executive Officers (President, Counselors, Secretary and Treasurer) of

ward associations, as well as Bee-Keepers may have credit for things done within the past three years. The reason for Bee-Keepers and officers being allowed credit for past attainment is that they have done the things required of the girls, and have not time to do them over in addition to their ordinary duties, which they must not neglect; yet they want to keep abreast of the girls. The fact that they have done just such things as are planned for the Bee-Hive Girls makes them desirable for positions of responsibility.

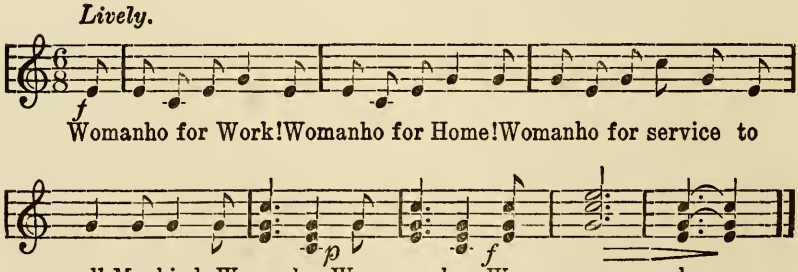
THE DRESS. For the present it is optional whether or not the girls have a special dress. For those who desire it, it is to be a rather short skirt, (or bloomers for a hike), with middy-blouse and neck tie. Brown skirt, khaki-colored middy, and light blue tie might be chosen; or it may be varied to suit the desire of the swarm, except that we must keep to the colors of the organization—brown, light blue and gold.

The WATCHWORD is Womanho (pronounced with a long o; the a as in father; and an accent on the second syllable). "Wo" stands for work, "man" for mankind, "ho" for home—work for mankind and home; and the three taken together spell "Womanhood" except for the last two letters which are dropped.

SONGS. Some songs have been especially written for us; they will be found in this book, and the April and May numbers of the 1915 "Journal."

The Womanho Call.

Music by TRACY Y. CANNON.



II.

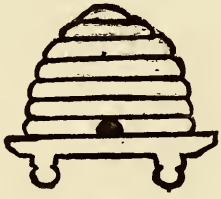
Membership and Rank.

In order to become a Bee-Hive Girl the applicant must:
1st, Know the purpose of the organization.
2nd, Have read the hand-book.
3rd, Express her desire to become a member, and to abide by The Spirit of the Hive, which she must repeat from memory.

The Spirit of the Hive.

Have Faith
Seek Knowledge
Safeguard Health
Honor Womanhood
Understand Beauty
Know Work
Love Truth
Taste the Sweetness of Service
Feel Joy

Having become a Bee-Hive Girl, she begins to direct her efforts toward filling those cells which will entitle her to advancement.



To become a

BUILDER IN THE HIVE

a girl must fill the following

Foundation Cells.

1. Have been a Mutual Improvement or Bee-Hive Girl at least two months.

2. Select a name and a symbol.

3. Take an average of at least one-half hour's daily exercise out of doors for two months.

4. Sleep out of doors or with wide open windows for two months.

5. Know the vertical line test for correct posture of body. (See "Young Woman's Journal," May, 1915 or 1916, or Bancroft's Posture of School Child.)

6. Set a table tastefully, having dishes clean and properly arranged, with clean linen and some simple seasonable decoration.

7. Mend at least two pieces of clothing each week for one month, not delaying it until the article is needed.

8. Pay her dime fund for the current year.

9. Every day for one month do at least one good turn, quietly and without boasting. It may be done at home, to a member of the family, as well as elsewhere.

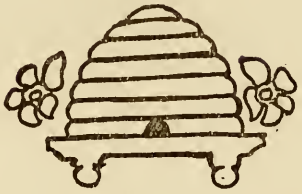
Structural Cells.

Fill in addition, eighteen new structural cells and eighteen continuous cells. The least number of cells to be filled in each field is two new ones and the greatest number is ten, including the continuous cells. In case of a shortage of continuous cells new ones may be substituted. And she must memorize and repeat

The Builder's Purpose.

As bees bring to their building
Obedient and purposeful service,
So, into the Hive of Life,
I enter to do my part.
Faith I have from my fathers,
Faith to move me to action.
Health I hold in my keeping,
Health to guard and to cherish,
That Life may come to my children
Pure and in limitless power.

Having fulfilled the above requirements, and repeated the "Builder's Purpose" the girl may have conferred upon her the rank of "Builder in the Hive". The color for this rank is brown and the one who has attained it is entitled to wear the Bee-Hive emblem on her sleeve.



To become a

GATHERER OF HONEY

a girl must fill the following

Foundation Cells.

1. With assistance of one other person prepare and serve at least two family meals, setting the table tastefully with brightly polished dishes, clean linen, and some simple, seasonable decoration.

2. For at least one month, refrain between meals from candy, chewing gum, sundaes, sodas, and commercially manufactured beverages.

3. During two months take an average daily of at least one-half hour's out-door exercise.

4. Sleep out of doors or with wide open windows for two months.

5. Know about the proper use of hot and cold baths, care of the hands, teeth, cleanliness of the hair and its appropriate dressing. (See "Young Woman's Journal" for January, 1915.)

6. Mend at least four pieces of clothing each week for one month, and do it in time to save the proverbial nine stitches.

7. Pay her dime fund for the current year.

8. Study the revelation containing the Word of Wisdom (Sec. 89, Doc. & Cov.) Explain its meaning (See "Young Woman's Journal," Vol. 15, page 41, or "Joseph Smith as Scientist," Chap. 13). Obey it for at least two months.

9. Read one book of the M. I. A. Reading Course.

10. Know and sing all the words of her National Anthem.

Structural Cells.

Fill in addition eighteen new structural cells and eighteen continuous ones chosen as mentioned above.

She must also memorize and repeat

The Honey Gatherer's Song.

Out in the dew sparkling dawn I dart
Straight to the fragrant flower heart.
Skies are blue and days are fair
Honey lies hidden everywhere.
Joy to gather my share!

Youth is fair as the dewy morn.
Sing the gladness of having been born
When the sun of knowledge is shining clear,
Where nature's beauty is calling near.
Joy to see and to hear!

Knowledge is sun of youth's bright day.
Gather and store its golden ray
To light the mind, whose hidden fire
Burns in growth of the soul's desire.
Joy to kindle this fire!

A girl having fiulfilled all the requirements and repeated the words of the "Honey Gatherer's Song", may have the rank of "Gatherer of Honey" conferred upon her. She is then entitled to add the blue flower to the emblem she already wears; the blue violet is chosen because it means "faithfulness," and the color (light blue) is chosen for the rank because it is the favorite color of the bees.



To become a

KEEPER OF THE BEES

a girl must fill the following

Foundation Cells.

1. Keep her own clothing in repair for at least one month, doing the mending on time and not leaving it until ready to wear it.

2. Prepare and serve two family meals without assistance, and on time, doing the necessary purchasing, setting the table tastefully, having the dishes clean.

3. Outline two programs for enjoyable family home evenings, and if possible get them carried out.

4. Keep a written account of all money received and spent during one month, classifying it under heads of food, clothing, amusements, tithing, reserve fund, etc.

5. Read Maeterlinck's "Life of the Bee".

6. Commit to memory poem of not less than twenty-five lines.

7. Write two paragraphs incorporating her own ideal of modesty in dress and behavior: submit them to her Bee-Keeper; when approved strive for one month to carry out those ideals.

8. Know what a girl of her age ought to know of the physiology of her own body. (References: for Juniors, "Confidences"; for Seniors, "Herself" by Edith B. Lowry, M. D.)

Structural Cells.

Fill in addition eighteen new structural cells and eighteen continuous cells, chosen as above mentioned.

She must also memorize and repeat

The Bee-Keeper's Service.
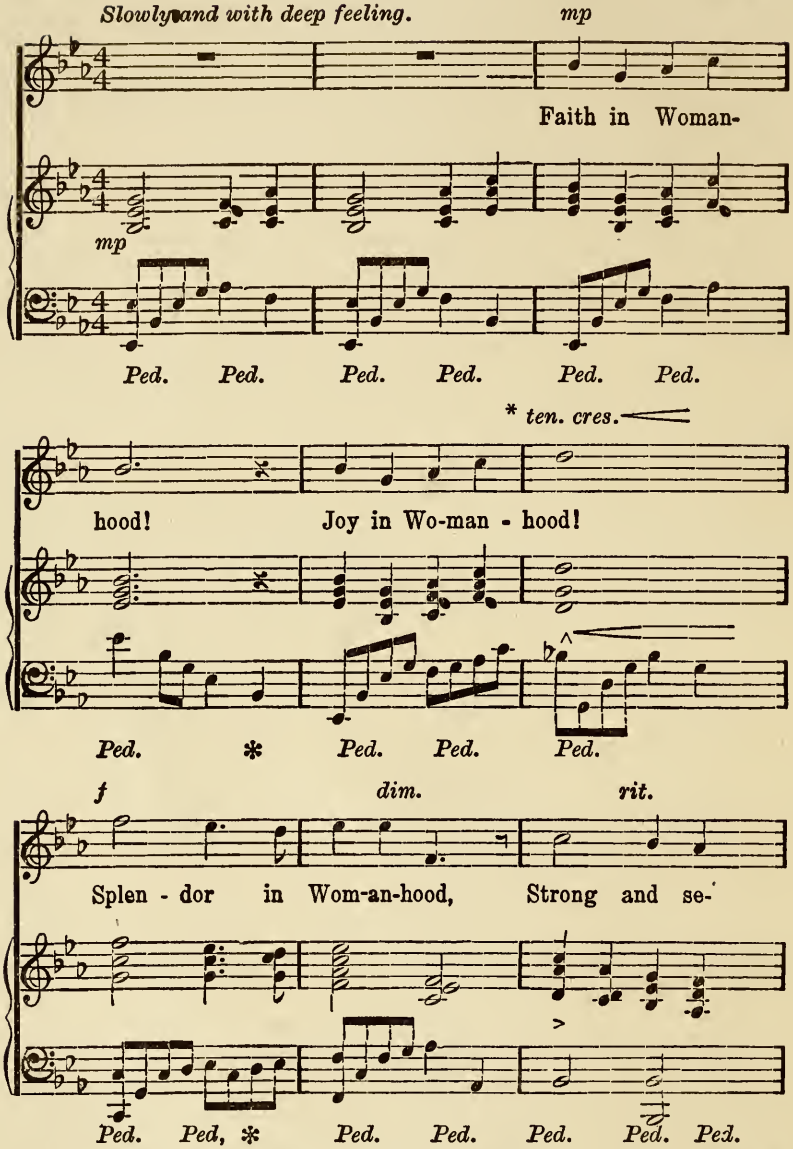
> I love the Bees. I recognize the power of that unseen Spirit of the Hive to which each Bee responds. To work in harmony with that spirit,—loving girlhood, honoring womanhood, guarding motherhood, working in joy today, and with faith turning my eyes ever toward the future—herein lies my Bee-Keeper's service and its recompense.

Having now won a sufficient number of awards, the highest rank—that of "Keeper of the Bees" is conferred upon the candidate, and she is entitled to add the queen bee to her emblem. The color of this rank is gold.
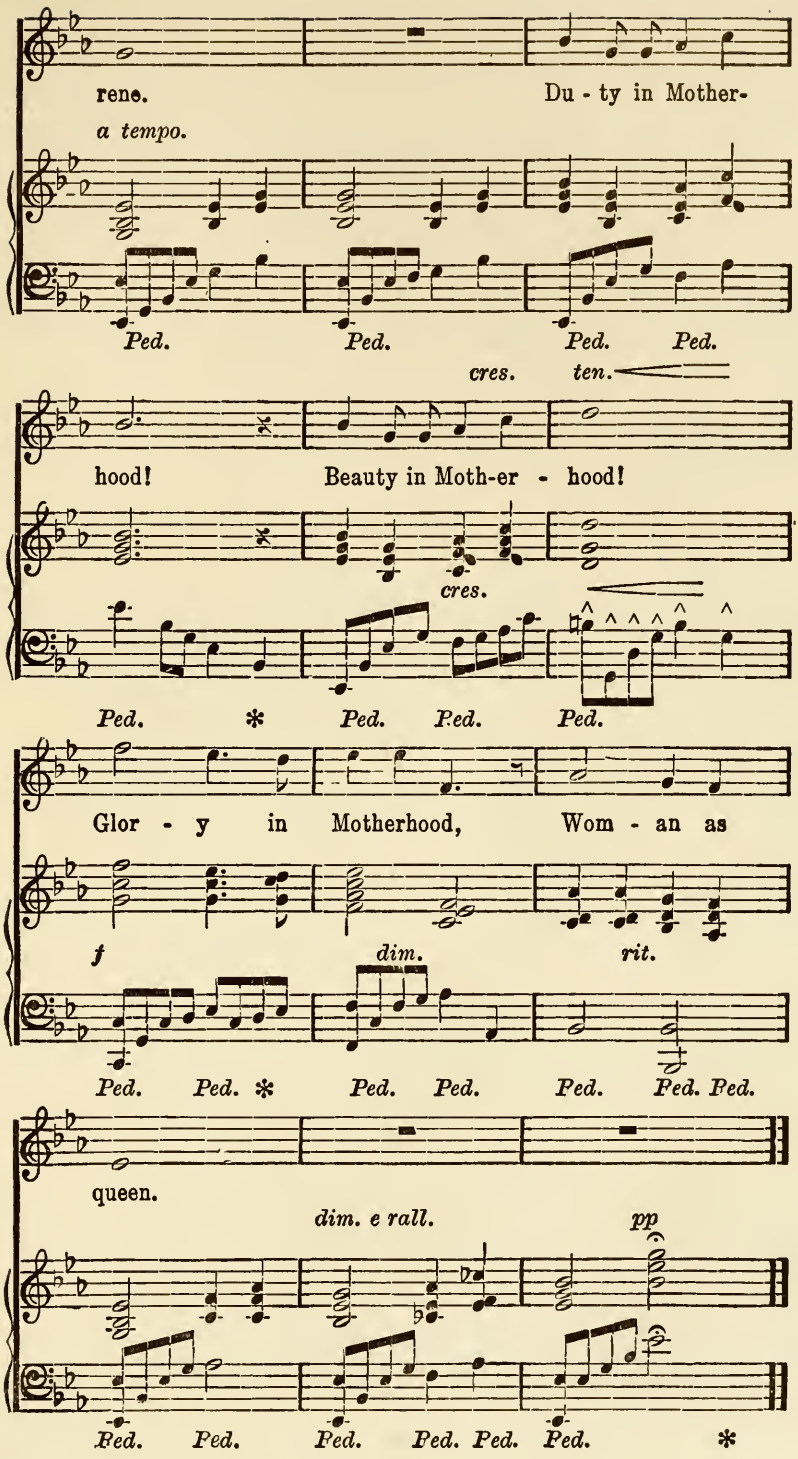
THE OFFICIAL EMBLEM is to be worn on the left arm. Experience has proved that it varies greatly when drawn and embroidered by the individual girls. In consequence the one sold by the General Board has been adopted as the only official emblem. It will not be sold except on the order of Bee-Keepers or Y. L. M. I. A. Officers. It may be had stencilled on galatea or pongee at two and five cents each respectively (latter in quantities of ten or more, four cents each).

The Call of Womanhood.

Music by TRACY Y. CANNON.

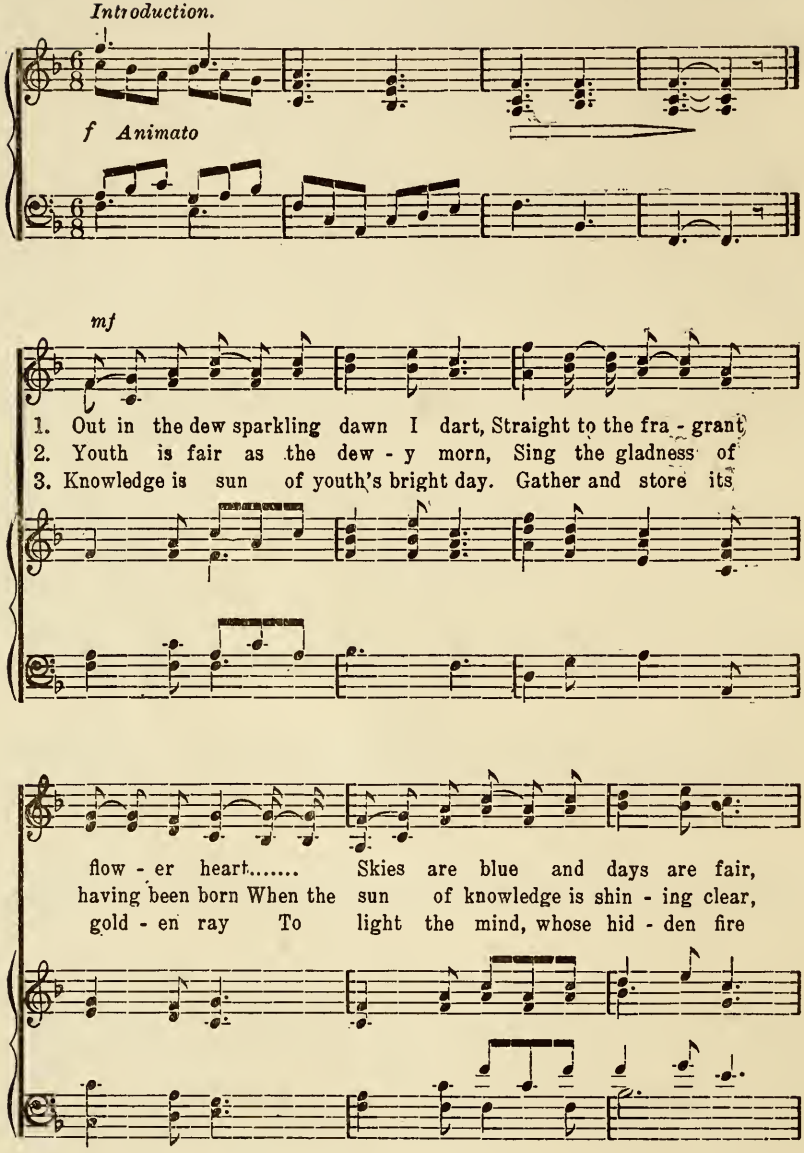


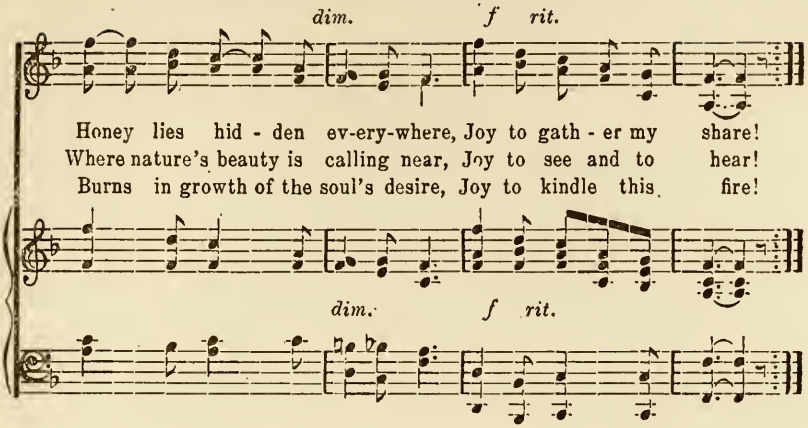
* NOTE—Here, and at the corresponding place in the second verse, a swell on the note D, is effective, taking only a quick breath before the next word.


rene.
Du - ty in Mother-
a tempo.
Ped.
Ped.
Ped.
Ped.
cres.
ten.
hood!
Beauty in Moth-er - hood!
cres.
Ped.
*
Ped.
Ped.
Ped.
Glor - y in Motherhood,
Wom - an as
f
dim.
rit.
Ped.
Ped.
*
Ped.
Ped.
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queen.
dim. e rall.
pp
Ped.
Ped.
Ped.
Ped.
Ped.
Ped.
*

The Honey Gatherer's Song.

MUSIC BY TRACY Y. CANNON.





NOTE:— Omit interlude between verses one and two; use the Introduction as an interlude between verses two and three.

A SONG OF THE BEES.

By Ruth May Fox.

(To be sung to the tune of "Up-i-dee", found in most any collection of College songs, or on page 88 of "Heart Songs.")

The day dawns fresh and glorious
Busy bees, busy bees,
The lamp of loves hangs over us,
Busy, busy bees;
While on the wing our songs we'll sing,
With joy we'll make the echoes ring.
Busy bees, O, busy bees, busy bees, busy bees.
Happy we, O, happy we, happy, happy we!
*Bzzzzzzzzzzzzzzzzzzz
Buzz, Buzz, Buzz, Buzz.

A little bell, now, don't you tell,
Busy bees, busy bees,
Lisped to me where the fairies dwell,
Busy, busy bees;
They're gay and fair, beware, beware;
They'll lure your hearts, take care, take care!
Busy bees, O, busy bees, busy bees, busy bees;
Happy we, O, happy we, happy, happy we!
*Bzzzzzzzzzzzzzzzzzzz
Buzz, Buzz, Buzz, Buzz.

From doubt be free, and you shall see,
Busy bees, busy bees,
An elf dance with a honey bee,
Busy, busy bees;
We'll laugh and skip, their nectar sip,
Then down the hills and dales we'll trip,
Busy bees, O, busy bees, busy bees, busy bees,
Happy we, O, happy we, happy, happy we!
*Bzzzzzzzzzzzzzzzzzzz
Buzz, Buzz, Buzz, Buzz.

*Buzz like a bee.

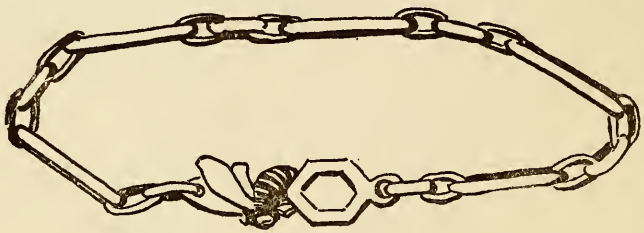
III.

Awards.

As soon as a girl fills a cell the Bee-Keeper awards her a seal, indicating the field in which she earned it. The colors of the various fields are: purple, for Religion; orange, for Home; red, for Health; brown, for Domestic Arts; green, for Out of Doors; gold, for Business; red, white and blue, for Public Service; and light blue for the Foundation Cells. A special seal marked C is provided for the continuous cells.

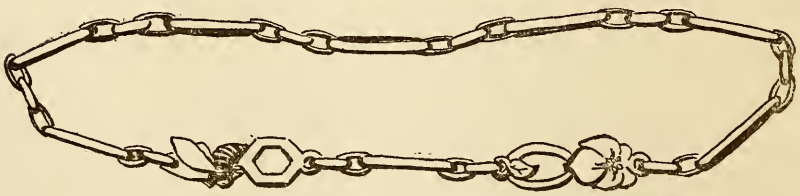
The C or C D cells may be refilled twice, making, with the new one, three times that that particular cell may be filled; the purpose is to form the habit, yet not to limit experience by allowing an indefinite continuance of any one thing to the exclusion of others.

Immediately upon receiving the seal, the girl should open her handbook, of which every girl must have a copy, turn



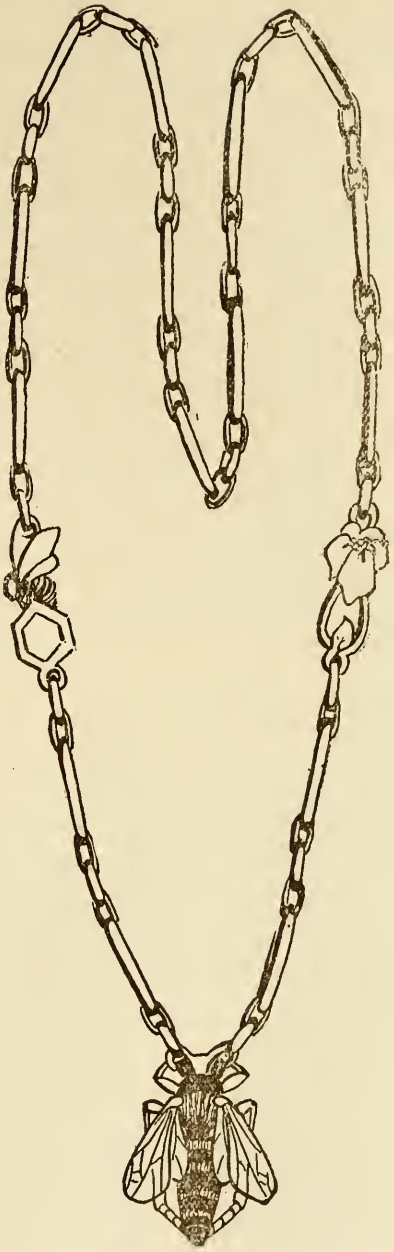
Bracelet.

to the record page of the field in which she earned it, and have the Bee-Keeper fasten the seal on that page. She should then write opposite the seal the number of the cell which she filled, and a brief statement that will serve to remind her of what it was. This pictorial record should always correspond with the Bee-Keeper's record. The handbook should be preserved in good condition and become one of the most valued books in the girl's library.



Collar.

These seals, taken in connection with the emblem described in Chapter II, make a system of awards, complete in itself. However, something else is designed which each girl is permitted to buy and wear, as she attains the different ranks, providing she, herself, earns the money to buy it. It can be purchased only through the General Board, and on the written certification of the Bee-Keeper, who must certify that the girl has won the rank and has earned the money for the purchase.



Necklace.

In selecting this larger award, the effort was made to provide something of permanent value to the girl; to have it the best thing of its kind, and yet something that is not too expensive. The decision finally rested upon a sterling silver chain, the links of which represent the awards,—one small link for each new structural cell and one large link for three continuous cells. This makes eighteen small links and six large links for each rank. Upon attaining the first rank the girl may purchase the first section of the chain, including a motif representing a bee at work on a cell—a Builder in the Hive; this section to be worn as a bracelet: the next rank, another section, with the violet as a motif; the two sections to be joined and worn as a collar: the highest rank, another section with a queen bee as a pendant, the whole to be worn as a necklace.

Not until the necklace is completed does the award become perfectly satisfactory; but if, in wearing it, the girl remembers that it stands for womanhood; that each link represents the accomplishment of some one thing of value, it becomes more satisfying; and when the chain is completed, representing, as it does, the sum of many delightful experiences builded into character, it becomes invaluable.

THE COST. If purchased in the usual way, through jewelers, the cost would have been prohibitory; but the General Board itself had the chain made and furnishes it to members at seventy-five cents per section, or $2.25 for completed chain; it may be purchased as earned in sections, or complete when the highest rank is attained.

GENERAL BOARD AWARDS. In addition to the regular awards the General Board will award seals for photographs, songs, plays, stories, etc., that may be of value to them in the general work. In taking photographs, those showing the girls actually at work or in action are the most desirable. The seals have no value in winning rank but are an honor to the girl earning them. They should be used to decorate the Individual record page.

IV.

Names and Symbols.

Symbolism is taking an important place in the art and literature of the world. Its value lies in the fact that it makes an idea concrete. In the Bee-Hive plan, it helps to make the girls' ideals definite.

THE GIRL'S NAME. Usually a girl will experience a great deal of pleasure in choosing her name and symbol. At first she may think she has no ideal, but gradually it becomes tangible, and as it does her horizon enlarges and her world receives an added beauty. Her name and symbol typify the awakened ideal, and make it active in her daily life. She is called by the name in Bee-Hive Meeting; she marks her personal belongings—her handkerchiefs, underwear, dresser scarf, curtains—with her symbol. Each day the ideal behind her name and symbol is impressed upon her mind, gains power over her actions—develops her character.

One girl wants always to be cheerful—she thinks she can be if she is always well; she must safeguard her health; she must always be cheerful—so she makes her name "Heachee" and her symbol a tuft of moss (health) with a yellow-lily (cheerfulness) growing out of it. She marks her clothing, her

stationery, her books, with her symbol; she carries it with her always to remember—"Safeguard health; be cheerful."

Another girl who loves the time when day awakes, might choose "Dawn" for her name and a lark on the wing for her symbol.

Flower names or symbols are especially appropriate, as it is from them bees gather honey. One officer has sent in the following interesting suggestions, the flower, for the symbol, the name made, in most cases, by transposing or mixing up the letters of the flower or quality it represents:

Hawthorne,—meaning hope. If you choose to inspire others with hopefulness—"to send hope," choose the name "Ephosenda."

Fair elm,—meaning sturdy, brave, able to withstand temptation. Name, "Faelm."

Daisy,—modest innocence. Name "Niconni."

Red rose—queen of flowers, consecrated by the Greeks to Venus, the goddess of beauty. Name "Persia" as that is the land of roses.

Moss rose—beauty, love and excellence. Name, "Eba Sero."

Marigold—prefers light to darkness, as the flower follows the sun. Name "Light."

Violet—faithfulness. Name "Tilevo."

Honeysuckle—for the girl whose heart does incense give; who has pure affection, loves her home and is cheerful. Name, "Eynoh Klescu."

Let each girl search her world for the thing she would love best to be or to do and symbolize it.

The SWARM NAME and symbol should represent the thing which the members want to work for as a group, or something important to their locality. For instance one swarm discussed various things and could not agree upon any, until one day before meeting their Bee-Keeper heard them talking of the horrors of war, and heard one exclaim, "Oh, I do wish this terrible war would end!" Immediately she said, "How would you like to be the "Peace" swarm?" It was the first thing upon which they had fully agreed; and now they are striving to create a sentiment for peace in the little daily things of life, knowing that if they help to end the world's war they must first banish discord from their own lives. Their symbol might be an olive branch, or the Indian signal of peace.

A swarm in some town that makes a specialty of growing cherries might call itself the "Cherry" swarm and have a bunch of that delicious fruit or the blossom or the tree itself for the emblem.

Another swarm in a locality where there are Indian hieroglyphics might use the word by which the Indians refer to them as the swarm name and a portion of the hieroglyphics as the symbol. Or an Indian legend might furnish the name, while the mountain, lake, valley or stream with which it is connected might be the symbol.

Sometimes the name may be taken from an incident; as, one morning some girls and their Bee-Keeper were having breakfast on a rocky ledge near a small waterfall. They watched a little bird walk along the slippery rocks, saw him peck at the crevices, and dart in and out of the spray. Suddenly he lit on the shoulder of one girl. They had never before seen one of his kind, and wondered at his friendliness. They might call themselves the "Friendly" Swarm and take the "Water Ouzel" as their symbol.

V.

Meetings and Programs.

Swarm Meetings.

The regular weekly meeting of a swarm should be appointed at a time to suit the members. It will necessarily vary according to the occupation of the girls and to what the members are specializing in. Where Junior girls are at liberty, the General Board think it desirable to hold their meetings in the day time, except, of course, the monthly swarm gathering and very special occasions.

The meetings should be planned with a view to giving each swarm that which it most needs.

SENIOR girls will be interested in the new cells which allow credit for work done in the clubs inaugurated by the U. S. Government through the Agricultural Colleges. As school credit is allowed for this club work, and as instructions, and, so far as practicable, teachers are furnished free by the Extension Divisions of the colleges, co-operation should be of great value. Where they so desire Bee-Keepers may be appointed as supervisors; where this is not done a certification should be signed by the supervisor at the close of the club work, and presented to the Bee-Keeper to entitle the girl to her seals. In some stakes the officers are planning to take up this club work systematically.

JUNIOR GIRLS. Some girls have an inclination to introduce nothing but pleasure into their Bee-Hive work. It is a good plan to keep the idea of pleasure, romance and adven-

ture well in mind, but we must not let that crowd out the work every woman should know; rather let us learn to find these three things in our daily lives without neglecting any of our duties. While allowing the girls to help plan their programs, let it be the aim of Bee-Keepers to lead them through what they like to improved and bigger ideals. And let us get away from the idea that all our meetings must be formal to be worth while.

OFFICE GIRLS. A swarm whose members are employed in offices, stores or factories could profitably hold its weekly meetings out of doors, and its girls should be encouraged to specialize in that field. If the members would go to bed early on the previous night, a meeting of such a swarm might be held at 5:30 a. m., in some orchard, park, meadow or on the bank of a stream not far from home. The girls could dress ready for work; could each take two eggs, some slices of bread and butter, radishes, lettuce, fruit or whatever is agreed upon, and (one having provided a sauce-pan and matches) the eggs could be boiled and a simple but wholesome breakfast be partaken of as a part of the meeting. After being sure that the fire is out, the girls could then walk or board the street-car and go direct to their employment. One morning they might track a mile, or spend a half hour rowing, then follow the above plan, and while eating breakfast the different members could give the evidence of having filled their cells.

A program suitable for such a meeting would be:

First twenty minutes: Bee-Keeper check on cells being filled and those to be filled for next week, as well as those to be on next program, while the girls make the fire, cook the food and spread out the meal.

Prayer and a blessing on the food.

Balance of time, eat breakfast while one girl describes and identifies fifteen trees (cell No. 501); another reads her notes on the raising of a family of birds (No. 521); another tells how she created a bird sanctuary (No. 708) and the success attained; another girl shows her device for holding a sauce-pan over a fire (No. 565).

Another program equally appropriate for such a group would be from cells numbered 4, 119, 312, 712. (It would not be desirable perhaps to fill all of No. 4 at the same meeting; Bee-Keeper must use her judgment.)

One evening the swarm could meet on their way home from work; bringing along bread and butter, cheese, hard boiled eggs or nuts, with lettuce or water cress (which could probably be gathered from a stream near by) and fruit for dessert. On this occasion they might study birds, one who is filling cell No. 519, acting as instructor; and another girl

who is filling cell No. 265 could recite some poem about a bird, for instance Shelley's "Ode to a Skylark."

Another evening meeting could be held on a porch or out of doors near home and the time be spent with the stars, either cell numbered 546 or 547 being sufficient for one evening with perhaps an installment of No. 265 or 266 relative to the stars.

GIRLS WITH MORE LEISURE will also want to vary their meetings. They might have a cooking class, instructions in wood-blocking, pressed leather work, clay modeling, or art needlework on different occasions. While the members generally are engaged with their sewing, etc., a program may be carried out, members qualifying or giving evidence of having filled cells.

The following suggestions for indoor meetings might be so used:

(Time, one hour.)

Opening prayer.

1st. 10 minutes: Check on cells being filled. Example—Is Margaret mending two pieces of her clothing each week; is Mary repeating her passage of scripture each day; is Jane remembering to masticate her food thoroughly; is the entire swarm taking its daily exercise in the open air?

2nd. 10 minutes: Select from the lists of cells, those to be filled by each girl during the next week or month.

The remaining forty minutes may be occupied as follows: One girl may name the General Authorities of the Church, thus filling Cell No. 7; another may fill No. 155; another, No. 526; another, No. 714. These cells represent four different fields, and give pleasing variety to the program.

In some of these meetings the "Spirit of the Hive" should be explained, and into all of them it should enter in some form, though not in a way to weary the girls. Every cell embodies some portion of it; it is the girls' creed,—the inspiration in her daily life to which she should learn to respond.

Monthly Swarm Gatherings.

Once each month, all of the swarms in the ward should meet together, and be under the direction of the local president of the Y. L. M. I. A. The stake officers will possibly outline certain things that they desire to have done on these occasions. The different swarms can furnish numbers for the program at some of the meetings; at others, specialists may be asked to give talks to the combined swarms, thus saving much effort. As far as possible let these occasions be made a joy and not a burden; let us learn to have wholesome, simple

recreation. The greatest pleasure often comes from something spontaneous, and such a thing can be entirely free from rowdyism. A good laugh is the best of tonics.

The Day of the Swarm.

When the first handbook was printed, the committee felt that there should be some festival for closing the season, but it was left unmentioned as lack of time prevented their working it out in detail. As the season progressed and one stake after another made plans for such an event, the committee was delighted to see how their thought had gone forth and lodged in the minds of the stake officers. The plans varied. In St. Joseph stake it was a great holiday in a central place where all the wards met and had a program, with picnic and games; in Utah stake is was an excursion to the canyon and the dedication of a summer camp which they had purchased and paid for; in Alpine it was a fair; in Star Valley a pageant; in Bear Lake an exhibition of Bee-Hive work at their quarterly stake conference and M. I. A. convention; in Ogden a union of that stake with Weber and North Weber in their stake tabernacle, where rank was conferred. North and South Davis, Salt Lake, Ensign, Liberty, Pioneer, Granite, Cottonwood, and Jordan stakes united for a festival in the Salt Lake Assembly Hall, and as a part of the program awarded the first section of chain to over 1,200 girls. When appealed to by the last mentioned group of stakes, the committee named this event "The Day of the Swarm." This name will be retained.

Maeterlinck in his "Life of the Bee," speaking of the day of the swarm, says: "It is the festival of honey, the triumph of the race, the victory of the future; the one day of joy, of forgetfulness. * * * They leave trouble behind and care."

It is desired that each stake shall appoint its own time for this event, and that all wards in the stake should use the same day either combined or individually. Let it come at the close of the active season, generally in September. Let the dominating influence of the day be "The Spirit of the Hive;" that spirit may be presented in any way desired but always it must be there. The celebration includes bees of all ranks. Study your "Life of the Bee." Every question propounded can be answered from its pages or from a study of the bees themselves.

The committee suggests that this day be made a grand festival in honor of Home, with the girls' mothers as the central figures. The Queen Bee is the mother of the hive, and as Maeterlinck has described her, she is "the captive heart of the

city, and the center around which its intelligence revolves." It is the old Queen Bee who takes her colony of workers and moves out when the hive is at the height of its glory, when it is overflowing with honey and joy and gladness. She makes the sacrifice to the future, just as every good mother sacrifices herself for the good of her children; and she leaves one of her daughters enthroned as Queen over the old home which she has made to abound in peace and plenty. Let this be the occasion of joyous songs, of songs in honor of Mother and Home. Let it be different from an ordinary meeting; let it typify the work in the different Fields; let it exhibit the work of the members even as the hive on this day exhibits the thrift and industry of its bees. Remember that Womanhood, a perfect Womanhood, is the object of our organization, and that Motherhood is the crowning glory of Womanhood.

VI.

Finances.

The only membership fee required is the one paid regularly to the Young Ladies' Mutual Improvement Association (ten cents a year).

Generally the members individually buy their handbooks, and the swarms earn money to buy the seals, emblems and swarm records, each swarm being as a rule self-supporting. However the plan varies according to the ideas of the different stake boards. One thing to remember is that the bees gather their own honey from the flowers; they do not help themselves to that gathered and stored by other bees. Hives, through the quiet, undisturbing action of the Bee-Keeper, yield their honey for the use of man; so, at the request of their Mutual Improvement officers, swarms should be willing to help other swarms less fortunate than themselves.

As our Mutual Improvement girls are skilled in raising funds, this work will not be new to them; however, a few suggestions may be of use.

One of the pictures discloses a plan of gathering wild honey. Another swarm picked cherries. In another town they had "Cookie Day;" the girls made the cookies and all the town purchased them. In another town they co-operated with the moving-picture house, had their percentage and, in addition sold corn they had popped.

VII.

Bee-Keepers.

The success of the Bee-Hive will depend largely upon the Bee-Keepers. Maeterlinck says, "A careless bee-keeper will often corrupt his people, destroy their respect for the property of others, incite them to pillage, and induce in them habits of conquest and idleness which will render them sources of danger to all the little republics around. * * * * Nor is it easy to restore to the paths of duty a hive that has become thus depraved."

Generally it will be well to choose people who have not been bearing the brunt of the regular Mutual Improvement work, but this is not a rule. Sometimes it will be a mother, even though she may not have been a regular Mutual Improvement member; sometimes a girl; sometimes an older woman; but always she should be in sympathy with girls, and capable of leading them to love the right kind of things, and she should possess sufficient initiative to adapt the plan to the needs of her particular swarm.

The Bee-Keeper is not expected to know everything herself, but she should be glad to learn with her girls and capable of enlisting the help of others to teach them. Having looked over the people of her neighborhood and decided upon those who can teach the various things the swarm wants to learn, she should talk with those individuals, awaken their interest, secure their services and co-operate with them in arranging what is needed to enable them to demonstrate their work. She may need the instruction of a scout-master, a doctor, a nurse, an artist, a musician, a housekeeper, or a cook; or she may need them all at various times; but let her remember that it is intended for the girls to do things at the meetings rather than to be talked to. Her success will depend largely upon her ability to find out what the girls want to do, and her power to guide them in the doing of it, leading them gradually from less desirable things to those which are most truly beautiful and worthy.

The Bee-Keeper should read the Handbook carefully, studying the cells which are to be filled; she should make a list of the cells each girl elects to fill, and then opposite each number should write the date on which the award is made. In all probability the girl will not stay strictly with her first list, as her opportunities for filling cells may not be exactly what she anticipated. She should be allowed some latitude but

in the main she will fill the cells she first chooses. The list is valuable to the Bee-Keeper in making up programs and in helping her to keep in touch with her girls' activities. She may keep this list in a notebook if she desires, or in the swarm record. A swarm record (for Bee-Keepers) is provided by the General Board at twenty-five cents each or five for one dollar; it is not an absolute necessity, but will be found a convenience.

Bee-Keepers should always watch the officers' notes in the Young Woman's Journal.

And now, having been appointed, let the Bee-Keeper take up her labors with joy. Let her grow young, if she be not already so, forget her cares for a time, and enter into the spirit of her girls; let her learn with them those things she has long desired to know. The change from her ordinary routine will fill her with new life, and she will come back to her daily duties with a degree of pleasure rarely before enjoyed. "To him who has known them and loved them, a summer where there are no bees becomes as sad and as empty as one without flowers or birds."

Structural Cells

FIELD OF RELIGION.

(Purple Seal.)

The god of the bees is the future. When we, in our study of human history, endeavor to gauge the moral force or greatness of a people or race, we have but one standard of measurement—the dignity and permanence of their ideal, and the abnegation wherewith they pursue it.—Life of the Bee, by Maurice Mæterlinck.

1. Be able to repeat the Ten Commandments, the Beatitudes, and the Articles of Faith.
2. Know and be able to show in what fundamental principles the faith of the Latter-day Saints differs from that of other Christian denominations.
3. Give brief account of the work of the Apostles Peter and Paul, making special note of their prophecies regarding the Apostasy.
4. Give brief account of the work of Martin Luther, John Knox, and John Calvin.
5. Give brief account of the Restoration of the Gospel through the Prophet Joseph Smith.
6. Name and give brief sketch of the lives of each of the Presidents of the Church of Jesus Christ of Latter-day Saints.
7. Name the present General Authorities of the Church of Jesus Christ of Latter-day Saints—First Presidency, Quorum of Twelve, Seven Presidents of Seventy, Presiding Bishopric, Patriarch.
8. Give brief account of the life and labors of Elmina S. Taylor and Martha H. Tingey, presidents of the Y. L. M. I. A.
9. Commit to memory Sec. 59, Doc. and Cov.; during three months give proper observance to the Sabbath day. c.
10. Give an account of the last supper, and the institution of the Sacrament by the Savior; of the first Sacramental meeting in the Church in this dispensation; tell what are the conditions of worthiness which entitle one to partake of the Sacrament and the blessings attendant thereon; repeat the two Sacramental prayers.
11. Attend sacrament meeting at least eight times in three months. c.
12. Belong to Sunday School for one year, and miss no more than six sessions. c.
13. Belong to the Y. L. M. I. A. for one year and miss no more than six meetings.
14. Prepare every lesson in the Y. L. M. I. A. Senior Course for one year. c.
15. Prepare every lesson in the Y. L. M. I. A. Junior Course for one year. c.
16. Read the "History of the Y. L. M. I. A."
17. Write an essay on the organization of the Y. L. M. I. A.
18. Observe the law of tithing for one year, paying it monthly or at the time your pay is received. c.
19. Teach a class of not less than ten for three months in connection with a ward organization. c.

20. For three months respond to all calls made upon you in the ward organizations to which you belong. c.
21. Write out prayers suitable for three different occasions; for instance, opening or closing a meeting, family prayer, for a group on a camping trip, a blessing on the food; during three months offer prayer whenever called upon.
22. Each day for one month, commit to memory a quotation from either Bible, Book of Mormon, or Doctrine and Covenants. c. d.
23. Memorize five hymns from L. D. S. Hymn Book, selecting those which you like best. c. d.
24. Read ten books of the Old Testament. c. d.
25. Read the New Testament.
26. Read the Book of Mormon (two awards). [This does not mean the "Story of the Book of Mormon."]
27. Read the Doctrine and Covenants.
28. Read the Pearl of Great Price.
29. Have a talk with some pioneer of 1847, of a hand-cart company, of the Mormon Battalion, or of your town or state; write down facts obtained and read at Bee-Hive meeting. c. d.
30. Attend practice and sing weekly at religious services, in choir, chorus, quartette, or other musical organization, for not less than three months. c.
31. Play the piano or organ for at least one Sabbath service each week for three months. c.
32. Every day during one month repeat mentally the first and second great commandments (Mark 12:30, 31).
33. Memorize verses 5-21 of Sec. 89, Doctrine and Covenants; explain meaning; observe the Word of Wisdom for two months. A "continuous" seal may be awarded for each six months thereafter.
34. Give brief account of the life and labors of four L. D. S. women who have done much good in Church service. (See "Y. L. M. I. A. History.") c. d.
35. Twenty times be baptized for the dead. c.
36. Go through the temple for the dead at least three times. c.
37. Do ten hours' work on a temple record. c.
38. Repeat from memory, and in their order, the books of the Bible.
39. Repeat from memory and in their order the books of the Book of Mormon.
40. Read Dr. James E. Talmage's "Jesus the Christ." (2 awards).

FIELD OF HOME.

(Orange Colored Seal)

The queen * * * we shall most fitly describe by declaring her to be the captive heart of the city, and the centre around which its intelligence revolves.—Life of the Bee.

Cooking.

101. Make two kinds of bread and two of cake, cakes being one of fat and one of the sponge variety. c. d.
102. Cook meat in four ways. c. d.
103. Cook left-over meat in four different ways. c. d.
104. Cook each of three common vegetables in three ways. c. d.
105. Prepare two kinds of soup with meat and two with milk. c. d.
106. Prepare four salads, making at least two different dressings. c. d.
107. Cook eggs in five ways. c. d.
108. Make bread and combine into five kinds of sandwiches. c. d.
109. Make four desserts—jellied, boiled, baked, frozen. c. d.

110. Prepare a gruel, a cereal, an egg, and milk or water toast as for an invalid (this may be done at different times); arrange tray attractively.
111. Gather two quarts of wild berries or fruits and make into jam or dessert. c. d.
112. Cook one cup of currants, service berries, cranberries, or similar fruit, adding sugar at beginning of process; cook same quantity of same fruit, adding sugar after fruit is cooked; compare results. Can or preserve two different kinds of fruit (at least 2 quarts of each) palatability of which depends upon the sugar's being added after the fruit has been cooked; do the same for two kinds of fruit palatability of which depends upon being cooked in syrup. c. d.
113. Can three kinds of vegetables, at least two quarts of each. c. d.
114. Use fireless cooker successfully on meats, vegetables, cereals. c. d.
115. Use chafing dish successfully, preparing four appetizing dishes. c.d.
116. Write an appetizing, balanced vegetarian diet for one week. c. d.
117. Write menus for one month for well-balanced breakfasts suitable for a school girl; conform to them for that time.
118. Write menus for one month for well-balanced lunches suitable for a school girl or working girl; conform to them for that time.
119. Give examples of five expensive and five inexpensive nourishing foods, suitable for a person who does office work; for one who does manual labor; give also five kinds of vegetables of especial value to people generally.
120. Give examples of five foods with a laxative value, and five of the opposite kind.
121. Superintend cooking for two months in home, providing balanced menu, planning it for at least one week at a time. c. d.
122. Do cooking for one month in a home, providing well-balanced meals. c.
123. Assist in housework and cooking in some other home than your own for two months. c.
124. Three times make delicacies for the sick and send where needed under direction of the Relief Society. c.
125. Take care of milk and make two pounds of butter a week for two months. c.
126. Pluck, dress and cook a fowl. c.
127. Belong to a Girls' Baking Club organized under the Agricultural College of your state or the Department of Agriculture at Washington, D. C.; complete the work outlined, having a score of at least 80%. This entitles you to three new and three continuous seals.
128. Belong to a Girls' Canning Club organized under the Agricultural College of your state, or the Dept. of Agriculture at Wash., D. C.; complete the work outlined, having a score of at least 80%; this entitles you to three new and three "C" seals.
129. Belong to a Girls' Menu and Table Service Club organized under the Agricultural College of your state or the Dept. of Agriculture at Wash., D. C.; complete the work outlined, having a score of at least 80%; this entitles you to three new and three continuous seals.

Marketing.

151. Describe characteristics and identify six cuts of meat; state market price of each.
152. Supply the table for one week (with all foods except flour and potatoes) at a cost of $1.00 per person, keeping accounts and records of menus.
153. Same as above, for $2.00 per person.

154. Know the best season for fruits and vegetables to be found in your locality, and a reasonable price for each.
155. Know the dangerous and common adulterations, also prices, of flour, sugar, rice, cereals, crackers and bread.
156. Be familiar with the Pure Food laws of your State, and know how to secure full weight.

Laundering.

161. Do a washing for a family of six, using modern labor-saving devices, if possible; or twice assist, doing one-half of the work. c.
162. Iron six hours in one month. c.
163. Wash and iron a shirt-waist, a skirt and a lingerie dress. c.
164. Clean and press a suit, or a skirt and coat. c.
165. Remove four common stains from wash material and two from non-washable material.
166. Use two methods each for softening water, bluing, bleaching; two kinds of soap and two of starch for different uses.

Housekeeping.

171. Do three hours of housework daily for one month. c.
172. Take complete charge of household for one week while mother has a vacation.
173. During two weeks keep the house free from flies, or destroy at least twenty-five flies daily, or use fly traps and reduce flies to a minimum. c.
174. Houseclean one room, caring well for floors, walls, carpet, rugs and furniture. c.
175. Sweep and dust a house of five rooms, using two kinds of sweeping or dusting compounds (or vacuum cleaner), and dust-absorbing or moist cloths. c.
176. Properly dispose of waste and garbage from the home; know its proper disposal by the city or if you live outside of city see that it is fed to animals, buried or burned as the case requires. (See Farmers' Bulletin, No. 43, or, "Rural Woman's Healthy Home," in Ladies' Home Journal, for Feb., 1916.)
177. Know the proper airing and changing of bed; make up a bed for a baby, and one with a draw sheet for a very sick patient.
178. Air properly and make one bed daily for two months, or two beds daily for one month. c.
179. Wash and dry dishes and leave dining room in order after one meal a day for two months. c.
180. Take entire care of one room for one month, including all necessary cleaning, sweeping, dusting, washing of windows, etc.; also care of flowers and plants if there be any. c.
181. Air and store away clothing, furs, rugs, bedding for the summer.
182. Thoroughly clean the dining room, giving especial care to cupboards or buffet, silverware, china and glass. c.
183. Thoroughly clean the kitchen, giving proper care to pots, pans, aluminum and copper ware, lamps, sink and stove, including nickel trimmings on latter. c.
184. Take entire care of pantry for one month. c.
185. During two months scrub a floor once each week. c.
186. During two summer months clean ice chest thoroughly twice a week. c.
187. During two months take care of milk and cream from at least one cow; see that the pails, pans, strainer, separator, are thoroughly cleansed. c.
188. During one month care for at least two kerosene lamps daily. c.
189. Successfull put a new washer on a faucet. c.

190. Build a furnace fire and care for it for one week. c.
191. During three months keep clothing in proper places, bureau drawers in order, and comb and brush clean. c.
192. Have your toilet moved to an isolated place in garden: have a frame of chicken wire, boards, or willows built about three feet from toilet; plant quick-growing vines such as Virginia creeper, scarlet runner, morning glories or cucumber vines, to screen it from observation.
193. Have your toilet whitewashed, cleansed or painted; make it sanitary by providing an oil can or box containing ashes, or road-dust and a shovel, or two sanitary boxes that can be alternately used while contents of one is being buried; supply with cut paper. (See Farmers' Bulletin, No. 463, or Public Health Bulletin, No. 37.)
194. Mend an electric iron successfully. c. d.
195. Successfully put on a new electric light switch. c. d.

Efficiency.

208. Improve in skill until you can perform any given task twice as well as you now do it, without materially increasing time. c. d.
209. Improve in efficiency until you can perform well any given task in one-half the time you now take for it. c. d.

Family Rights.

215. During three months honor the rights of other members of the family, by not using their personal belongings without their permission. c.
216. Name and observe three ways in which you can give consideration and proper respect to your mother as center of the home.
217. Name and observe three ways in which you can give consideration and proper respect to your father as head of the family.

Invention.

221. Invent a useful household device. c. d.
222. Contrive something to lessen a portion of the house work in your own home. c. d.
223. Belong to a Girls' Home Handicraft Club organized under the Agricultural College of your state, or the Dept. of Agriculture at Washington, D. C.; complete the work outlined, having a score of at least 80%; this entitles you to three new and three continuous seals.

Care of the Sick.

231. Arrange a sick room to be sanitary, pleasant and comfortable for patient, and convenient for doctor and nurse.
232. Learn to use a clinical thermometer to find temperature of an adult and an infant; tell what temperature indicates normal, high and dangerous fever conditions.
233. Learn common symptoms as well as home care and prevention of chicken-pox, measles, scarlet fever, diphtheria, whooping cough and tuberculosis.
234. Learn some simple home treatment for prevention and cure of colds, including use of hot and cold water, and without use of drugs; for bronchitis, for pneumonia.
235. Learn simple home treatment for spasms, convulsions, nose-bleed, cuts, bruises and sprains, inflammation, constipation.
236. Learn to recognize cancer in its early stages. (This may be done by communication with the American Society for Control of Cancer, No. 289 Fourth Ave., New York City.)

Care of the Baby.

(See "Care of Children Series," Children's Bureau, U. S. Dept. of Labor, Washington, D. C.)

241. Learn the chief causes of infant mortality in summer; give methods for reducing the same.
242. Know the proper preparation of milk for a baby six months old; for a baby one year old; know how it can be tested.
243. Know how much a baby should increase in weight each week for the first six months, in height for each month of the first year; the relation of weight to health.
244. Know and describe three cries of a baby.
245. During one month care for a baby an average of one hour a day. c.
246. Make three playthings for a child. c. d.

Home Entertainment.

261. Memorize and sing alone five ballads or folk songs. c. d.
262. Play from memory five piano pieces of the difficulty of the "Bach Two Part Inventions," or "Chopin Waltz, Op. 69, No. 2." c. d.
263. In any one month practice fifty hours on a musical instrument. c.
264. Know and tell five standard stories. c.
265. Recite from memory 500 lines of standard poetry. c. d.
266. Recite from memory an equivalent amount of standard prose. c. d.
267. Know and tell three stories from your own experience or that of some person you are well acquainted with; they may be told at Bee-Hive meeting, Mutual or in the home story hour. c. d.
268. Select from your own experience or from the stories told by your parents, grandparents or other relatives or friends a story you like; write it as truthfully and interestingly as you can; brighten it and make it readable and realistic by using touches of conversation and other life-giving expressions. c. d.
269. Have your story accepted for publication. c. d.
270. Three hours a week for one month contribute to the pleasure of your family or friends by reading aloud worth-while poetry or prose. c. d.
271. Write a play and have it presented; let it reflect in a realistic manner the story of the life you know best. c. d.
272. Write a biographical sketch of an interesting character, one you have been closely associated with. Begin by making an outline of the chief events in the life; weave into it choice characteristic incidents; use excerpts from old letters, diaries or other records. It may be illustrated with kodak pictures, drawings or sketches. c. d.
273. Make some use of such a biographical sketch or have it accepted for publication. c. d.
274. Have a party of from eight to twelve persons, with refreshments that cost no more than one dollar; keep accounts. c. d.
275. During two months entertain two or more little children for two hours a week. c.
276. Plan and give some social entertainment of a cultural value. c. d.
277. Read three books of the M. I. A. Reading Course, one at least being not fiction. c. d.
278. Read three standard books, one at least being not fiction. c. d.

FIELD OF HEALTH.

(Red Seal.)

They carefully sweep the floor, and remove, one by one, twigs, grains of sand, and dead leaves; for the bees are almost fanatically cleanly.—Life of the Bee.

First Aid.

301. Know what to do for a person whose clothing is on fire; who is in deep water and can not swim, either in summer or through ice in winter; for an open cut; a frosted foot; fainting.
302. Know what to do to resuscitate a drowning person; to revive one from suffocation; for sun-stroke; for a punctured wound, like stepping on a nail; for poisoning by poison ivy, from snake-bite, from carbolic acid, from lye.
303. Know what to do for internal or external hemorrhage or bleeding; fractures; dislocations and sprains; burns and scalds; foreign bodies in eye, ear, or nose.
304. Demonstrate the principles of elementary bandaging, and how to use surgeon's plaster.

Personal Hygiene.

310. Be entirely free from a cold for two consecutive months. c.
311. During three consecutive months do not miss school on account of ill-health. c.
312. Every time you can remember it, during one month, assume and maintain correct posture of body as tested by the vertical line test. Learn knee-chest position; during three months put into practice some simple home treatment for prevention of pain during menstrual period. (See Young Woman's Journal, Vol. 23, pages 62-4. Read entire article.) c.
313. After some exercise that creates the need for deep breathing (like gymnastics, brisk walking, running, etc.) take deep breathing exercises for 10 minutes of each day for one month; this may be done preferably in more than one period. c.
314. Brush your teeth morning and night every day for one month. c.
315. Time yourself on making your morning toilet,—bath, hair well dressed, teeth brushed, finger-nails cleaned, person well clothed; improve in time until task is accomplished in 30 minutes. c. for one month.

Diet.

321. During three consecutive months abstain, between meals, from candy, ice cream, sundaes, sodas, commercially manufactured beverages, and chewing gum. c.
322. For one month masticate your food so thoroughly that it slips down without any visible effort at swallowing. c.

Sleep.

326. For any two months of the summer, sleep out of doors; the remainder of the year (October to April, inclusive) for any two months sleep out of doors or with wide open windows. c.
327. If a Senior girl, go to bed by 10 p. m. and arise by 6 a. m.; if a Junior girl, by 9:30 p. m. and arise by 6:30 a. m., for at least four nights of each week, during two consecutive months. c.

Games.

331. Play any of the following games (either out of doors or with open windows) for not less than fifteen hours in any one month: Circle Race, Circle Relay, Corner Spry, Curtain Ball, Round Ball, Square Ball, Circle Zigzag, Hide and Seek, Pussy Wants a Corner, Three Deep, Blind Man's Buff, Drop the Handkerchief, Red

Rover, Fox and Hounds, Run Sheep Run, Quoits, Duck on the Rock, Tennis, Golf, Volley Ball, Base Ball, Emperor or Captain Ball. c.

332. Play singing or dancing games (out doors if circumstances permit) for not less than fifteen hours in any one month. c.

Swimming.

336. Learn to float in Great Salt Lake; learn to get on your feet unassisted; propel yourself 50 feet.
337. In fresh water learn to swim one standard stroke in good form; make a distance of 25 feet.
338. For a girl 18 years old or over: swim 50 yards in fresh water.
339. Bring up a cup from the bottom in eight feet of water.
340. Do any two standard dives in good form: Front, Side, Back, Twist, Jack, either running or standing or from spring board. c.d.
341. Swim any four standard styles: breast, side, over-hand, single over-hand, crawl, back, etc. c. d.

Boating.

351. Row or paddle twenty-five miles in any six days, not necessarily consecutive. c.

Skating.

355. Skate twenty-five miles in any six days, not necessarily consecutive. c.

Coasting and Snowshoeing.

358. Coast, ski, or toboggan for not less than fifteen hours in any one month. c.
359. Cover twenty-five miles on snowshoes on any six days, not necessarily consecutive. c.

Horsemanship.

361. Saddle, bridle, mount and ride a horse in good form, using at least three gaits.
362. Ride fifty miles in six days, not necessarily consecutive. c.
363. Take care of a horse for one month. c.

Mountain Climbing or Walking.

371. Climb a mountain, attaining a point at least 1,000 feet above starting point, and return.
372. More experienced climbers, climb a mountain attaining a point at least 2,000 feet above starting point and return.
373. Walk two miles through the mountains, on a canyon road or preferably a mountain trail; gradually increase the distance until in four or five days you have walked a total of eighteen miles. c.
374. Walk an aggregate of forty miles in any ten days, not necessarily consecutive. (This may include walking to or from school or work.) c.

Exercise.

381. Ride a bicycle forty miles in any five days, not necessarily consecutive. c.
382. During three months take seven hours of out-door exercise a week. c.

383. For a girl 18 years old, or over, without help or advice, operate and care for an automobile for five hundred miles during one season. c.
384. Without help or advice care for and harness a team at least five times; drive fifty miles during one season.

Dancing.

391. Know and dance in good form any six national folk dances. c. d.
392. Know and dance in good form, any six of the following dances: Virginia Reel; Pop Goes the Weasel; Varsouvienne; Hewett's Fancy; Plain, National, Triangular, or Rage Quadrille; Lancers.

DOMESTIC ARTS.

(Brown Seal.)

Whatever the human truth on this point may be, life in the hive is not looked on as a series of more or less pleasant hours, whereof it is wise that those moments only should be soured and embittered that are essential for maintaining existence.—Life of the Bee.

401. Model from clay an individual bowl, plate or cup and saucer, bearing an original design. c. d.
402. Make some article from brass or copper bearing an original design. c. d.
403. Make three pieces of jewelry from silver or copper, with original designs. c. d.
404. Design and make a raffia basket or one equally difficult. c. d.
405. Make a piece of furniture. c. d.
406. Make needed repairs around your home, doing any painting or staining necessary to make a good job.
407. Dress dolls, or make picture books or toys; send through the Relief Society where needed.
408. Make a doll house of four rooms with furnishings.
409. Take, develop, and print one dozen photographs successfully. c. d.
410. Paint on china, stencil or wood block, three serviceable articles with original designs. c. d.
411. Make three articles in cut leather, at least one to be lined with silk.
412. Bind a book, sewing the back and lining the cover and decorating with original designs. c. d.
413. Make a water-color, charcoal, pen and ink, or oil sketch from nature. c. d.
414. Knit, crochet or tat three articles, like a bag, a collar or two yards of lace (One large article, like a sweater, may be equal to three ordinary ones; the Bee-keeper may judge).
415. Mend six pairs of stockings, two knitted undergarments, and hem six dish-towels. c.
416. Make two articles of underwear by hand or on a machine, or using both. c.
417. Make two shirt waists or make and embroider one. c.
418. Make a dress. c.
419. Trim two hats. c.
420. Make a hat. c.
421. Hem by hand six napkins. c.
422. Do embroidery equivalent to a dresser-scarf, using original design.
423. Do double above amount of embroidery if design is not original.
424. Use all attachments for a sewing machine, keep machine clean and in order for three months.
425. Make a home-made rug.

426. Know prices, widths and uses of six common cotton four common linen, four common woolen and four common silk materials.
427. Know how textiles are commonly adulterated; give the simple microscopical and chemical tests for wool, cotton, silk and linen. (See Utah Agricultural College Bulletin, Vol. 14, No. 2.)
428. Identify twelve kinds of lace and tell reasonable price and appropriate use of each.
429. Dye three small articles or one large one. c. d.
430. Make any article as difficult to make as those listed in this field.
431. Make over any article of clothing. c. d.
432. Belong to a Girls' Sewing Club: complete the work outlined by the Agricultural College of your state or the Department of Agriculture at Washington, D. C., having a score of 80% or over; this entitles you to 3 new and 3 continuous seals.

Note.—Any article on which an award is made must show skill and taste.

FIELD OF OUT-OF-DOORS.

(Green Seal.)

Events in which bees take part happen only when skies are pure, at the winsome hours of the year, when flowers keep holiday. * * * They teach us to tune our ear to the softest, most intimate whisper of these good, natural hours.—Life of the Bee.

501. Identify any fifteen trees and describe them in a way to assure recognition in summer. c. for 10 additional.
502. In winter. c. for 10 additional.
503. Rear from mountain groves three kinds of native evergreens. c. d.
504. Plant trees where they are needed, and get at least five to grow. (Honor may be awarded three months after planted.) c. d.
505. Rear three trees that bear food which attracts birds in winter. (Native cedar, mountain sugar maple, box elder, choke cherry, mountain ash, hackberry, Siberian crab apple, thornless honey locust, black locust, silver maple, white ash, black birch.) c. d.
506. Rear three vines or shrubs whose berries attract winter birds. (Boston ivy, Virginia creeper, elderberry, twinberry, snow berry, buffalo berry, dogwood, sumach or squawberry, bush honeysuckle, wild rose, smooth sumach.) c. d.
507. Rear six native shrubs that attract birds in summer and fall. (Wild currants, gooseberries, raspberries, thimbleberry, huckleberry, Oregon grape, grape vine, service berry, etc.) c. d.
508. Rear successfully at least two buffaloberry bushes. (They make an excellent hedge and wind-break.)
509. Rear successfully one native dogwood (kinney-kanick) and one native honeysuckle. c. d.
510. Rear successfully two native clematis plants. c. d.
511. Rear successfully two native cacti. c. d.
512. Raise four kinds of native flowers from roots procured in early spring. c. d.
513. Raise two kinds of native flowers from seeds gathered in summer or fall; plant part of the seed in fall and part in spring; report details of your success to the General Board. c. d.
514. Know and describe twenty wild flowers, including the state and what you think should be the national. c. for 15 additional.
515. Discover ten reasons why the columbine should be made the national flower.

516. Identify any three native ferns and describe them. c. d.
517. Know and describe any six native grasses. c. d.
518. Know and describe two native mosses, two sedges and two rushes or salt bushes. c. d.
519. Know and describe twenty local birds. c. for fifteen additional.
520. From personal observation and notes, tell the value of two kinds of birds to man. c. d.
521. From personal observation make notes of the raising of a family of birds. c. d.
522. Build and supply a lunch counter for birds; at close of season, report how many kinds of birds you have seen use it.
523. Describe the sea gulls and their habits; tell of their historical importance in Utah.
524. Observe the nest and the rearing and feeding of a brood of water ouzels in some canyon torrent; read John Muir's description of this bird in his "Mountains of California."
525. Observe the nesting of a crow, a raven, a hawk, an owl, a magpie, or a shrike (butcher bird), and read the corresponding chapter in St. Mar's "On Nature's Trail." c. d.
526. Describe six butterflies; identify them. c. d.
527. Describe six moths; identify them. c. d.
528. Describe three pests that infest fruit trees and give methods for eradicating them. c. d.
529. Observe in field five kinds of beneficial insects and tell what good they do. c. d.
530. Describe and identify five insect pests of the garden; tell how to combat them. c. d.
531. Exterminate the mosquitoes over an area of one-half a mile square, by pouring a little kerosene on the surface of all standing pools of water, twice each month during April, May and June. Six girls may do this and each receive a seal, or one girl and receive six. c. d.
532. Raise successfully flowers or vegetables of at least one kind. c. d.
533. Keep written record of method of procedure, time of digging, planting, etc., and time when products mature; also financial accounts. c. d.
534. Write history of garden and give suggestions for improving it next season. c. d.
535. Cultivate "Cleome" the "bee plant" and give five reasons why it is entitled to a place in flower gardens.
536. Describe and identify ten common weeds; tell how to eradicate them. c. d.
537. Collect the ten worst weeds of your state; indicate in one paragraph for each a method for extermination.
538. Make a collection of two weeds that roll and two that creep; ten seeds that cling, two that float, two that slide on snow, two that sail with broad wings, ten that fly; name each.
539. Give seven reasons why sweet clover is a good weed; collect its seeds and make a drawing of its flower parts. (Use a lens.)
540. Collect pioneer arnica (gum plant) in the valleys and true arnica in the hills; state their use as medicinal plants.
541. Describe four varieties of apples and four of peaches; tell the ones best suited to your locality, time when ready for use, etc. c. d.
542. Describe three varieties of pears and three of plums or cherries; give directions for marketing. c. d.
543. Describe two varieties of native wild currants suitable for home use and give directions for their cultivation. c. d.
544. Belong to a Girls' Flower Gardening Club; complete the work

outlined by the Agricultural College of your state or the Dept. of Agriculture at Washington, D. C., having a score of 80% or over; this entitles you to 3 new and 3 continuous seals.

545. Belong to a Girls' Vegetable Gardening Club; complete the work outlined by the Agricultural College of your state or the Dept. of Agriculture, having a score of at least 80%; this entitles you to 3 new and 3 continuous seals.
546. With an opera or field glass make observations on four planets; tell their stories. c. d.
547. Point out seven constellations and three nebulae; tell their stories.
548. Give the history of the beach lines and level bench on the West side of the Wasatch mountains.
549. From your own observation while going through a canyon, make notes on the mountains, the strata, the rocks, and the work of the stream including its work in soil making. c. d.
550. In the same canyon observe the trees; tell why they are distributed as they are and of what value they are to the community. c. d.
551. Care successfully for a hive of bees for one season; know their habits.
552. Hatch and raise to six weeks at least ten chickens.
553. Give distinguishing characteristics of six varieties of hens; tell good and weak points of each.
554. Of six varieties of cattle.
555. Milk one cow twice a day for one month, or equivalent. c.
556. Point out, name, and tell some interesting natural feature about two canyons in your vicinity.
557. Tell briefly the geological history of Great Salt Lake.
558. Select a location and erect a tent (May have the help of one girl).
559. During one week keep tent in order.
560. With material found in the woods or canyons make a shelter and bed.
561. Build a tree house sufficiently large for two girls to sleep in.
562. If you are unprovided with a sleeping porch, contrive a shelter that will take its place (See Boy Scout's Handbook).
563. Pack a horse successfully.
564. Build a fire in the open, in spite of wind and rain, from material found out of doors; build a good brisk fire and keep it going at least half an hour. No fire is to be credited until properly put out.
565. Make two good devices for holding a sauce or frying pan and two for holding a pot over a fire.
566. Start a fire without either fire or matches.
567. Without help or advice, do all the camp cooking for one day, for four or more persons (or two may share the labor for eight persons). Get the wood; furnish suitable character and amounts of food; write the menu, quantities and price of food.
568. Make a bean-hole at least 18x18 inches; cook beans for one meeting of the Bee-Hive.
569. Know the meaning of weather signals; the general meaning of clouds, wind and temperature in your locality.
570. Read some good article on tracking (See Boy Scout Handbook). Track two miles.
571. Know six blazes used by the Indians.
572. Make a willow bed such as Indians use.
573. Tie at least ten standard knots.

FIELD OF BUSINESS.

(Gold Seal.)

It is actually estimated that more than a hundred thousand varieties of plants would disappear if the bees did not visit them.—Life of the Bee.

601. Be employed at regular work for three months, earning $10 or less a week. c.
602. Be employed at regular work for three months, earning more than $10 a week. c.
603. Though not employed regularly, earn at least $5.00, through raising chickens, bees, flowers, vegetables, or doing any other legitimate work. c.
604. Earn $3.00 and give it to some worthy cause. c.
605. Save ten per cent of your allowance for four months. c.
606. Open a bank account, and during three months save at least ten per cent of your salary (besides your tithing); apportion the balance under heads of food, clothing, recreation, books, miscellaneous, and spend accordingly. c.
607. During four months, make your personal expenses come within an amount previously determined upon; consult parents or guardian as to how much it should be. c.
608. Act as treasurer of the Y. L. M. I. A. or your Bee-Hive group for one year, keeping accurate written account of all money in your care. c.
609. During three months, be "on time" at all meetings attended. c.
610. During three months be on time for business, morning and afternoon of every working day. c.
611. Do not borrow money or any article of wearing apparel for two months. c.
612. Attend lectures (at least six) with a view to making your services to your employer or in the home more valuable. c.
613. Keep a bank account for three months; draw and endorse checks; make deposits; balance check book with bank statement or book each month. c.
614. Write a paper of from 1500 to 2000 words on vocations for women, and read it at Bee-Hive meeting.
615. Write a paper of from 1500 to 2000 words describing your state labor laws as they affect girls, women and children, including age restrictions, hours of labor, wages, etc., making suggestions to improve working conditions in your own community; read at Bee-Hive meeting.
616. Make a ten-minute talk at Bee-Hive meeting, telling of mining and industrial operations in your vicinity.
617. At a regular Bee-Hive meeting, write the following:
 a. A business letter ordering some article from a catalogue; fill out an application blank for the money order to be enclosed.
 b. A telegram of a business nature.
 c. An application for a position.
618. Write 500 words on a typewriter from printed copy in ten minutes.
619. From dictation write twenty letters in short-hand and transcribe notes at rate of thirty words or more a minute.
620. Have a vacation away from home of not less than two weeks, spending money you have earned yourself.
621. Get three new subscriptions to the Young Woman's Journal. c.
622. Assist in getting up one or more entertainments which shall net at least $10.00 for the expenses of your Bee-Hive group.

623. Earn enough money and buy one section of your Bee-Hive chain. c. d.
624. For a girl employed in a store: Be responsible; know the stock in your department thoroughly; use accuracy in price, measurements and weights.
625. During one month refrain from slang, loud or boisterous talk and actions. c.
626. Bunch 1800 bunches of vegetables in any six days, not necessarily consecutive. c.
627. Pick 800 lbs. cherries or equivalent in any six days, not necessarily consecutive. c.
628. For any six days, not necessarily consecutive, pick five bushels of peas or beans per day. c.
629. Belong to a Girls' Club organized by the Extension Division of the Agricultural College of your state with a view to making money; complete the work outlined, having a score of at least 80%; this entitles you to 3 new and 3 continuous seals.
630. Clear sage-brush, etc., off of one-half acre of land. c.

FIELD OF PUBLIC SERVICE.

(Red, White and Blue Seal.)

The love of the race of today for the race of tomorrow.—Life of the Bee.

701. Know and sing all the words of America, Star Spangled Banner, and your state hymn.
702. Know the history of any one national holiday; assist in organizing and carrying through a proper celebration of the same.
703. Know the history of some state holiday; assist in organizing and carrying through a proper celebration of the same.
704. See that the streets and alleys adjoining home are kept reasonably clean for three months.
705. Beautify the front yard.
706. Beautify the back yard.
707. Co-operate wtih your town authorities in using water supply to the best advantage.
708. Create a bird sanctuary (See "Protect the Wild Birds," Young Woman's Journal, April, 1915).
707. Co-operate with your town authorities in using water supply to protecting trees. Hardwood trees are desirable for future generations (See "Arbor Day," in Young Woman's Journal, April, 1915).
710. During three months, assist the Relief Society in their work of caring for the poor and sick. c.
711. Spend the equivalent of six afternoons in visiting the sick or entertaining some elderly persons. c.
712. Tell the history of each historical spot in your own locality.
713. Give the history and meaning of your national flag and of the flag of the country from which your ancestors came.
714. Know and explain the customary forms of respect due to the flag; repeat the pledge to the flag (See Handbook of Boy Scouts of America, pp. 376-7).
715. Name all the counties in your state with their principal cities; bound your own county.
716. Name ten institutions in your state devoted to public service, religious or otherwise; describe the work of each.
717. Name and explain briefly two public services rendered the people of your locality by the National government, the State government, the city or township government.

718. Write a paper of from 1500 to 2000 words describing immigration to this country, its advantages and disadvantages, and problems connected therewith.
719. Give the laws in effect in your locality in regard to public safety from fire.
720. Give the laws in effect in your locality in regard to sanitation and ventilation of public buildings, stores and factories.

Give sketches of the lives of:

721. Five educators.
722. Five great men.
723. Five great women.
724. Five statesmen.
725. Five scientists.
726. Three inventors.
727. Five musicians.
728. Five artists.
729. Identify two masterpieces of each of five great musicians.
730. The same for five great artists.
731. The same for five great poets.
732. Know the genealogy of your grandparents and great-grandparents, including the maiden names of grandmothers and great-grandmothers; give homes and occupations.
733. Sing in a quartette, duet, trio, or chorus for not less than eight hours in any two months. c.
734. Play a musical instrument in an orchestra for not less than eight hours in one month, reading the necessary music. c.
735. Play the accompaniment for some school exercise for not less than eight hours in one month. c.
736. Write a story, a poem, or words or music for a song which is either accepted for publication or adopted for use in some organization. c. d.
737. Have entire charge of two weekly meetings of the Bee-Hive, or share that labor with one other girl for four meetings. c.
738. Tell three good anecdotes and teach or lead in a good outdoor game.
739. Be a faithful Bee-Keeper or Assistant Bee-Keeper during one summer.
740. Each member of a Bee-Hive swarm who participates in carrying out a wholesome party or outing, including at least as many others (either boys or girls), may be given an honor if the work is well planned and carried out, each member having special duties; the plans to be approved by the Bee-Keeper. It must be chaperoned.
741. Each member who participates in giving a party, in which the boys and girls are about equal in numbers, and in which at least two of the following dances are learned by all, may be given an honor: Virginia Reel, Pop Goes the Weasel, German Hopping Dance, Varsouvienne, Hewett's Fancy, Plain Quadrille, National Quadrille, Rage Quadrille, Lancers.
742. Repeat from memory the preamble to the Constitution; the first two paragraphs of the Declaration of Independence; Lincoln's Gettysburg Address.
743. What is the Nobel prize? To whom has it been awarded and for what?

Indian Lore.

842. Name the Indian tribes that originally inhabited your state, the tribes and number of members now living there, and their economic and religious condition.

843. Own a genuinely Indian made article; know to what tribe its maker belongs, what materials were used in its construction and how it was made, and the meaning of its designs or symbols. c.d.
844. Know the location, history, present economic and religious condition of the tribe where your Indian article was made. c. d.
845. Describe or identify ten Indian symbols or designs and know their meaning.
846. Give the characteristics of five different Indian tribes.
847. Be able to distinguish between the blankets of five different Indian tribes.
848. Be able to distinguish between the baskets of five different Indian tribes.
849. Know and sing six genuine Indian songs. c. d.
850. Learn one genuine Indian song; write words and music and send to Bee-Hive committee of the General Board Y. L. M. I. A. c. d.
851. Write and send to the Bee-Hive committee a genuine Indian legend. c. d.
852. Write and send to the Bee-Hive committee three true incidents from the experiences of yourself or acquaintances, showing traits of the Indian character. You must be able to vouch for their authenticity.
853. Write and send to the Bee-Hive committee an account of the life and activities of one notable Indian with whom you or your people have been acquainted. You must tell the source of your information. c. d.
854. Write and send to the Bee-Hive committee a brief account of the life and activities of one Indian missionary who has lived among the Indians. It must be one with whom you or your people have been acquainted; tell source of your information. c. d.

REFERENCES.

Current and back volumes of the "Young Woman's Journal."

"Handbook of The Boy Scouts of America," (25c).

Bulletins of the Agricultural College, Logan, Utah.

Farmers' Bulletins to be had free by addressing request to Secretary of Agriculture; Public Health, Bulletins from the Public Health Service; Publications of Children's Bureau from chief of the bureau; Washington, D. C.

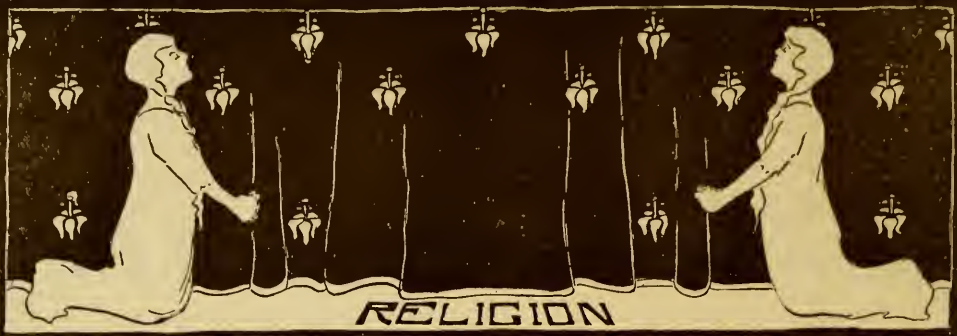
Dr. J. H. Paul's books: Forest Groves and Canyon Streams, Out of Doors in the West, Farm Friends and Spring Flowers, Farm Foes and Bird Helpers.

"Outlines for Scout Workers," Improvement Era.

Public Libraries. Where a public library does not contain the books that you want, the directors are generally willing to secure them upon request of a number of people.

FOUNDATION CELLS

IN THE HIVE "THERE IS ONE MASTERPIECE, THE HEXAGONAL CELL, THAT TOUCHES ABSOLUTE PERFECTION,—A PERFECTION THAT ALL THE GENIUSES IN THE WORLD, WERE THEY TO MEET IN CONCLAVE, COULD IN NO WAY ENHANCE." LIFE OF THE BEE.



LIFT UP YOUR HEARTS AND BE GLAD, FOR I AM IN YOUR MIDST, AND AM YOUR ADVOCATE WITH THE FATHER; AND IT IS HIS GOOD WILL TO GIVE YOU THE KINGDOM.—DOCTRINE AND COVENANTS.


HOME
THE LITTLE SMILING COTTAGE WHERE AT EVE
HE MEETS HIS ROSY CHILDREN AT THE DOOR,
PRATTLING THEIR WELCOMES, AND HIS HONEST WIFE,
WITH GOOD BROWN CAKE AND BACON SLICE, INTENT
TO CHEER HIS HUNGER AFTER LABOR HARD.
— DYER
CANNON



HEALTH

BETTER TO HUNT IN FIELDS FOR HEALTH UNBOUGHT
THAN FEE THE DOCTOR FOR A NAUSEOUS DROUGHT
THE WISE FOR CURE ON EXERCISE DEPEND;
GOD NEVER MADE HIS WORK FOR MAN TO MEND.

DRYDEN



DOMESTIC ART
AND WORKETH WILLINGLY WITH HER HANDS.
SHE SEEKETH WOOL AND FLAX


OUT-OF-DOORS
NATURE NEVER DID BETRAY THE HEART THAT LOVED HER; 'TIS HER PRIVILEGE THROUGH ALL THE YEARS OF THIS OUR LIFE, TO LEAD
FROM JOY TO JOY WORDSWORTH

BUSINESS

THE SPIRIT OF THE HIVE IS PRUDENT AND THRIFTY BUT BY NO MEANS PARSIMONIOUS — MAETERLINCK

+ + + DESIRE TO LIVE AS LONG AS THE WORLD ITSELF IN THOSE THAT COME AFTER. + + MAETERLINCK · · · + · · + · · · + ·



PUBLIC SERVICE